

Gold Medal Schools TM



What is a Gold Medal School?

- A Gold Medal School:
 - Develops strong health policies
 - Changes the schools health environment
 - Focuses on system changes



What is a Gold Medal School?



•**Mission:**
*“Creating opportunities
for students to:
eat healthy,
be active,
and stay tobacco-free.”*



What is a Gold Medal School?

- Unique to the Beehive State
- Developed in 2001 by:
 - The Utah Department of Health
 - State Office of Education's core curriculum
 - Centers for Disease Control's guidelines to address overweight and obesity in elementary school students
 - Salt Lake Olympic Organizing Committee's "A Healthier You TM"



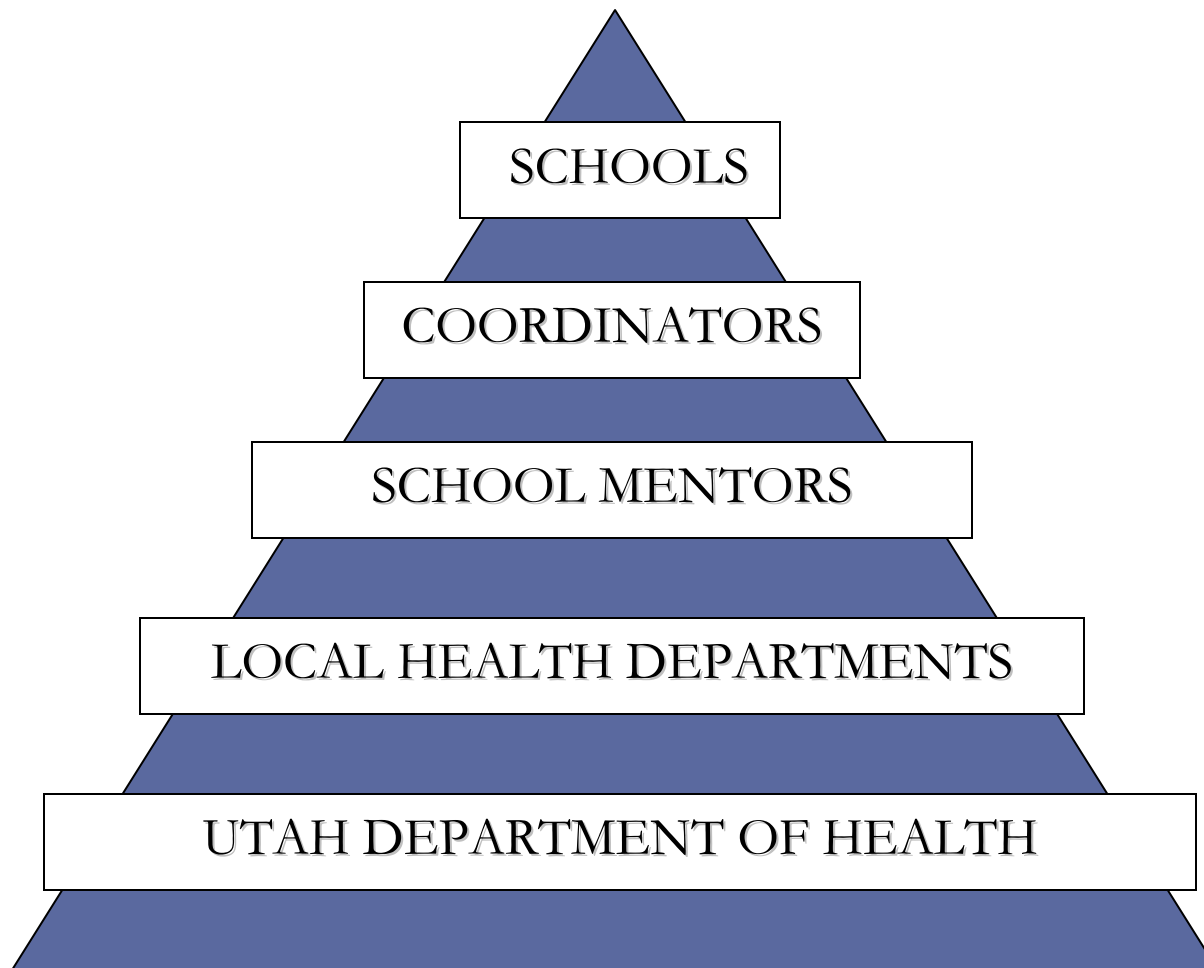
What is a Gold Medal School?



- Hill field Elementary
 - 2007
 - Platinum Focus:
 - Diabetes



What is a Gold Medal School?



What is a Gold Medal School?

- Schools can achieve 5 different award levels
 - Bronze \$200
 - Silver \$300
 - Gold \$500
 - Platinum \$200
 - Platinum Focus \$300



Why schools join?

- One in every four Utah elementary students is overweight or at risk of becoming overweight
- You could fill:
 - More than 2,000 elementary school classrooms
 - 112 elementary schools
- More than twice as many Utah children are overweight as were 20 years ago
- Lasting healthy lifestyle changes



Why schools join?

- Policies established by Gold Medal Schools and changes made to the school's environment, students will:
 - Learn healthy habits
 - Demonstrate better overall mental health
 - Behavior
 - Self-esteem
 - Academic success



Why schools join?

- Students who are physically active and have good nutrition habits achieve higher test scores
- Does not target curriculum changes
- Faculty and staff have
 - More energy
 - Fewer absentee days
 - Greater job satisfaction



What does it take to be a GMS?

- No monetary costs
- Mentor will guide the school
- A volunteer to be the School Coordinator
- Support from the principals, faculty and staff and parents
- Schools are already implementing some criteria



What does it take to be a GMS?

Bronze #1

- Write a policy requiring 90 minutes (45 minutes for kindergarten) of structured physical activity each week.



What does it take to be a GMS?

Silver #1

- The PTA/PTO must coordinate at least one health-related event per year that involves students, parents, teachers and staff.

Silver #2

- Write a policy requiring a yearly faculty and staff wellness program.



What does it take to be a GMS?

Gold #2

- Write a policy for all teachers and staff that food is not to be used as a reward or as a punishment, and include methods to ensure faculty awareness of and compliance with the policy



Results

- Successes
 - 322 participating schools (public, private, charter)
 - 302/504 public elementary schools
 - 128/203 title one schools
 - 37/40 school districts
 - 4516 policy and environmental changes
 - 58 mentors
 - Advisory committee



Results



What does it take to be a GMS?



•Mission:
*Eat Smart, Move
Smart
Be Smart*



Questions?

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